

Pleasant View Senior News

From the Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



MAY HIGHLIGHTS

NEW DANCE FITNESS

Dance Fitness is a great way to get fit while working out to the oldies. A chair will be provided if needed. A **FREE** demo class will take place on **Tuesday, May 8th at 10:30.**



SENIOR HEALTH AND FITNESS DAY

Wednesday, May 30th

Come try out fitness classes, sign up for fitness testing and talk with our instructors about their classes. Please see the "Special Notes" section for more detail and information.



It's **Department of Public Works Month.**

We would like to take the opportunity to say thank you to the East Longmeadow DPW workers for all of the hard work they do for us and our town!

APRIL IN REVIEW



1,076 Volunteer Hours



1129 Meals Delivered



456 Lunches Served



68 Food Pantry Visits

RESOURCES REPORT

FOOD DRIVE

May 12th is the Annual **Stamp Out Hunger Food Drive**. This is the largest one day food drive in the country. Please remember to leave a canned good or a bag of food for your letter carrier!



Thank you for helping to **STAMP OUT HUNGER**

DO YOU KNOW YOUR NEIGHBOR???

If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed.

Danell Tavella, Director of Community Services, COA 413-525-5436 X1402
Officer Dan Atwater, ELPD 413-525-5440
OR, Elder Abuse Hotline 1-800-922-2275 (7days/wk , 24/hrs a day)

LICENSE RENEWALS

Each month we offer assistance with online license renewals. This service is for first time online renewals only. In order to be eligible you must be between the ages of 55—74 and renewing a standard drivers license. You will need documentation showing US citizenship or lawful presence as required by federal and state law. For more information or to make an appointment to renew your license online please call 525-5436.

EXERCISE

BOSU CLASS

Tue 8:30 A.M.

Thur 9:00 A.M.

Card Needed

EXERCISE CLASS

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

Card Needed

TAI CHI HEALTH with Lissa

Level 1 Wed 10:00 A.M.

Level 2 Tue 10:30 A.M.

Level 3 Tue 9:30 A.M.

Sponsored by CareOne at Redstone

TAI CHI with Shay

At First Congregational Church

Tue 9:00 A.M.



CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

NEW DANCE FITNESS

6 Week Program

Starts Tue May 8th 10:30

\$5

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. Medical clearance is required, please schedule with the nurse. Fitness cards are 20 visits for \$10, \$15 for out-of-town residents. *Age 90+ no charge*

PAYMENTS

An Exercise Class card may be purchased for Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office with Meralee. Cards will be stamped after attending a class.

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

by appointment. with

Lissa Fontaine, R.N.

Ext. 1407

HEARING SCREENING

Free Screening by

Baystate Hearing Center

Call 525-5436 for Appt.

May 16th

FACIALS

by appointment 525-5436

Diane Neil, Reg. Esthetician

Cost is \$30

May 2nd

MANICURES

by appointment 413-335-7422

Cathy Rasid, LM

May 3rd, 17th and 31st

FOOTCARE/PEDICARE

by appointment 525-5436

Cost is \$29, Home Visit \$50

May 8th

MASSAGE THERAPY

by appointment

Christina Conti, LMT

413-348-8370

May 14th

Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. Meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The May meeting will be held on the 9th.

MOVIES AND DOCUMENTARIES (MON. and TUES. 12:45 P.M.)



Blue Jay
May 1st
1 hr 20mins
2016 TV-MA



Fairground Attractions:
Episode 4
May 7th
39mins



True Memoirs of an International Assassin
May 8th
1 hr 38 mins
2016 TV-14



Fairground Attractions:
Episode 5
May 14th
39mins



The Lighthouse of the Orcas
May 15th
1 hr 50 mins
2016 TV-MA



Fairground Attractions:
Episode 6
May 21st
39 mins



Dare to be Wild
May 22nd
1 hr 40 mins
2015 TV-PG

May 28th
No
Documentary



Center Closed
Viceroy's House
May 29th
1 Hr 46mins
2017 TV-PG

RECREATION

ART CLASS

Fridays 10:00 A.M. \$15 if interested call office to set a date

ASK A LIBRARIAN

Will resume in September

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

8:00 A.M. – 4:00 P.M.

Free Instruction Thursdays 10:00

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play Spring thru Fall

Wednesdays 10:00 A.M.

BOOK CLUB

Alternate Side

By Anna Quindlen

May 29th 10:30 A.M.

BREAKFAST CLUB

Tuesdays 8:00 A.M.—9:30 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

if interested call office to set a date

COMPASSION AND KINDESS

May 11th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

May 7th 9:30 A.M.

\$3/class + materials

KNITTING CLASS

Thursdays 1:00 \$5

Materials Required

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY WALKERS

M/W/F 8:00 A.M.

MUSIC LESSONS

if interested call office to set a date

\$7 per 30 minute lesson

NEEDLEWORK

Fridays 1:00 P.M.

TRIVIA

Thursdays 10:00 A.M.

CARDS AND GAMES

Canasta Thur 12:00 P.M.

Cribbage W/F 10:00 A.M.

Dominoes Fri 1:00 P.M.

Mah-jongg Tue 12:30 P.M.

Pitch Mon 12:30 P.M.

FRIENDSHIP CLUB

May 3rd **Cinco De Mayo**

Luncheon And Entertainment

Sponsored By CareOne

May 10th **Kentucky Derby**

May 17th **90th Birthday Party**

Entertainer Laurie Festa

Desert Sponsored by Homewatch

Caregivers

May 24th \$5 Bingo

May 31st **Entertainer Lora Chan**



SPECIAL NOTES



GOLF INSTRUCTION

Bob Lake, PGA Pro will offer a series of golf lessons for seniors at Fenway Golf in East Longmeadow. Lessons are Wednesdays from 11:00 -12:00. The cost is \$89 per six week session. Please call Bob directly at 413-330-1578
Session I May 2- June 6
Session II July 11-August 15
Session III September 5-October 5



BREAKFAST CLUB

New Time

Please join us on **TUESDAY** mornings from **8:00-9:30** to enjoy delicious breakfast goodies. We have pancakes, sausage and more! Breakfast items are 50 cents per item. We hope you can stop in and join us for breakfast on Tuesdays!



SHINGLES VACCINE

Friday, May 11th 11:00

Have you heard of the new Shingles vaccine Shingrix? A pharmacist from Walgreens will be here to inform you about the new vaccine.



SENIOR HEALTH AND FITNESS DAY

Wednesday, May 30th

8:30 Arthritis Exercise
 9:30 BOSU
 10:00 Tai Chi

Fitness testing will take place from 1:00—3:00. Sign up in the office for your 15 minute slot. Health and Fitness Fair will be from 10:00—12:00



DINNER AT THE VIEW

Featuring Center Square Grill
Wednesday, May 30th at 5:00

We are excited to offer monthly dinners at The Pleasant View Senior Center. We hope you can join us for a delicious, affordable dinner in a comfortable environment. **Reservations are required**, \$5 per person.

Seating is limited, tickets for May's dinner **hosted by Center Square Grill** may be purchased in the office at the Senior Center beginning May 1st.



Brown Farm Community Gardens

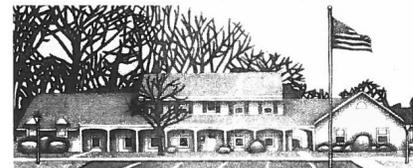
The Town of East Longmeadow has community garden plots for rent at Brown Farm located at 64 Hampden Road. \$15 for a half plot, \$30 for a full plot. For more information please call the Recreation Department at 413-525-5437



SAFETY DAY

Friday, June 22nd

Mark your calendars for our Safety Fair happening on Friday, June 22nd. There will be vendors from 9:00—12:00 and our key note speaker, DaLonn Pearson from the Mass Office on Disability will be presenting at 11:00 along with our local emergency personnel.



INWARD COMMONS TENANTS ASSOCIATION

TAG and BAKE SALE

Saturday, June 23rd 9:00—5:00

Inward Commons Tenant Association will be holding a Tag and Bake Sale at Inward Commons (Off Somers Road—High Street) All proceeds to benefit the Inward Commons Tenant Association. Any Questions call Marilyn Bouvier 413-233-7799

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
 Dave Carlson, Attorney
 May 15th

LICENSE RENEWALS

First-time online
 renewals only
 (ages 55-74)
 May 23rd

SHINE

COUNSELOR
 Medicare Assistance
 By Appt. with Jackie
 Wednesdays

VETERANS AGENT

John Comerford
 413-267-4140
 Office hours
 Tue and Thur
 10:00 a.m. to 12:00 p.m.

THANK YOU

Thank you to Fazio's Restaurant for sponsoring our first monthly *Dinner at the View*. On March 28th over 70 seniors were able to enjoy an affordable night out with a delicious dinner prepared by Fazio's.

We would also like to thank all of our volunteers who helped make this event so successful. We appreciate all you did to help this event run so smoothly!



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BBB ACCREDITED BUSINESS

DTA Opens New Senior Assistance Office (SAO) 1-833-712-8027

If you have questions about changes, denials or being terminated from SNAP, the DTA has opened a new SENIOR ASSISTANCE OFFICE, to be answered by LIVE workers.

Meal Calendar May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Low Sodium Hot Dog on a Roll Sauerkraut Baked Beans Mixed Fruit	2 Cheese Tortellini with Beef Strips Hawaiian Vegetables Peaches	3 <i>Cinco De Mayo</i>  Lunch Sponsored by CareOne Meals on Wheels Only: BBQ Chicken Breast Sweet Potato	4 Tuna Melt Sandwich Coleslaw Fries Apricots
7 Turkey and Kidney Bean Casserole Carrots and Broccoli Corn Bread Pears	8 Baked Fish with Tartar Sauce Lemon Orzo Pineapple	9 Vegetable Lasagna with Sautéed Garlic, Chicken and Caramelized Onions Mandarin Oranges	10 Shepherd's Pie with Peas & Mushrooms Bread Pudding	11 BBQ Meatballs Sweet Potato Mashed Cauliflower Fruited Jell-O
14 Chicken Stir Fry with a Vegetable Medley Lo Mein Peaches	15 Stuffed Shells w/ Meat Sauce Broccoli and Carrots Sliced Apples	16 Turkey Pot Pie with Celery, Peas, Carrots and Potatoes Mixed Fruit	17 Meatloaf and Gravy Mashed Potatoes Butternut Squash	18 Fish Florentine Quinoa Spinach Tapioca Pudding
21 Baked Macaroni and Sausage Italian Blend Vegetables Peaches	22 Chicken Breast Piccata Spaghetti California Blend Vegetables Vanilla Pudding	23 Hearty Beef Stew with Potatoes, Celery and Carrots Pineapple	24 Glazed Salmon Filet Rice Pilaf Sautéed Green Beans Mandarin Oranges	25 Ham and Egg Salad Sandwiches Spinach Salad Mixed Fruit
28 CENTER CLOSED 	29 Beef & Broccoli Brown Rice Pears	30 Baked Pollack with Lemon Sauce Cous Cous Brussel Sprouts Peaches	31 Chicken Cordon Bleu with Ham and Swiss Cheese Scalloped Potatoes Mixed Vegetables Butterscotch Pudding	\$2.50 Lunch Donation is Appreciated Lunch Begins at Noon <i>**Please reserve lunch 24 hours in advance by calling 525-5436**</i>

Activities Calendar May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	2 Facials*, SHINE* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba Toning	3 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:00 Cinco De Mayo Lunch & Entertainment Sponsored by CareOne 1:00 Knitting Class	4 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
7 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	8 Legal Consultations*, Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	9 SHINE*, Support Group 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, 1:00 Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba Toning	10 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Kentucky Derby 1:00 Knitting Class	11 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Shingles Presentation 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
14 Massage Therapy* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	15 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	16 Hearing Screening*, SHINE* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba Toning	17 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 90th Birthday Party, Entertainer Laurie Festa 1:00 Knitting Class	18 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
21 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	22 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	23 License Renewals*, SHINE* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba Toning	24 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	25 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
28 CENTER CLOSED 	29 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Book Club, Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	30 SHINE*, Senior Health And Fitness Day 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 5:00 Dinner At The View (Reservation Req.)	31 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Entertainer Lora Chan 1:00 Knitting Class	*By Appointment

SILVER SNIPPET

May is Older Americans Month and Mental Health Awareness Month. The themes for both are encouraging fitness for body and mind. This fits into our year-long theme using the Wellness Wheel. We have written about the physical, social, and intellectual dimensions of wellness. This month let's explore the ***emotional dimension of the wheel***. *This dimension focuses on awareness and acceptance of one's feelings. Feelings are the lens through which we view the world. The ability to manage one's feelings affects the balance in one's life. The emotional dimension looks at the degree to which a person feels positive about themselves and their life. It also stresses the ability to cope with stress and be resilient in the ups and downs of daily life.*

Some areas to focus on: are being able to recognize and control feelings, effectively deal with stress, find reasonable solutions to problems, manage successes and accept failures, enhance self-esteem and personal expectations.

Focus on fitness in body and mind this month. Check out the offerings in this newsletter. Get involved and participate.

TROLLEY



The Tri-Town Trolley is available Mon. thru Fri. 9:00 A.M. – 3:00 P.M. for East Longmeadow, Longmeadow, and Hampden Seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

Every Tuesday an additional van is run for shopping. Coverage is for grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield.

**** As of October 26th all shopping Shuttle transportation is**

\$1 each way for in town transportation and \$2 each way for out-of-town transportation**

48-72 hour notification is required for booking any transportation. ***For medical appointments we recommend calling as soon as you schedule your appointment.*** Please call 525-5412.

COA LIAISONS

Police Department



Daniel Atwater
413-525-5440

Fire Department/Fire and Life Safety



Chris Beecher
413-525-5430

PLEASANT VIEW STAFF AND CONTACTS

Carolyn Brennan
Executive Director

Alicia Smith
*Program And Volunteer
Coordinator
Ext. 1406*

Terry Glusko
*Transportation
Coordinator
Ext. 1410*

Grace Busto
Chef

Lissa Fontaine, R.N.
*Health Educator
Ext. 1407*

Sharon Giordano
*Bookkeeper
Ext. 1405*

Barbara Fenney
*Dispatcher
Ext. 1410*

Margit Daley
*Kitchen Assistant,
Dishwasher*

Danell Tavella
*Community Services
Ext. 1402*

Meralee Kratovil
*Office Manager
Ext. 1404*

Sandy Bell
*Meal Site
Coordinator*



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436